

Dermal Fillers

Dermal fillers take about 2 weeks to “settle.” This means you will experience irregularities with swelling, which often skews the visual result. We can then see you at a follow-up appointment to make any adjustments. Follow-up appointments after the filler settles are important for both the patient and provider to visually assess for symmetry and balance. The provider may see something that the patient does not. Dermal Fillers last, on average, 6-12 months with some lasting 24 months.

- Bruising, swelling tenderness and mild discomfort is expected. For symptoms and discomfort, you may take an over-the-counter pain medication (Ibuprofen, Tylenol) or use a cold compress/ice when directed by your provider. Arnica supplements or pineapple juice can help prevent bruising. Please call us with any extreme bruising, severe pain, or extreme swelling!
- Leave the treated area alone for at least the first 1-3 days.
 - Avoid touching, rubbing, or physical pressure on the affected area.
 - No tight hats or goggles, pressure, or manipulation on the injection points.
 - Avoid facials, facial massages, exfoliating scrubs, and other treatments.
 - Try your best to avoid sleeping on the injected areas.
- No exercise, hats, or pressure on injection points for today. Return to normal exercise tomorrow.
- Avoid heat or sun exposure for at least 4 hours. The heat can promote flushing and increase your blood pressure, which may encourage bruising. To be extra safe, avoid for 24 to 48 hours.
- No makeup in treatment areas for 24 hours after your procedure.
- No massages for 2 weeks after your procedure.
- Alcohol may increase the risk of bruising and should be avoided.
- Please be mindful of procedures that may dissolve dermal fillers (including Morpheus8). Inform any provider of your dermal filler placements.
- Wait a minimum of two weeks before dental work, immunizations, or laser treatments.

FOLLOW UP: In office (preferably) or via photo/video in 2 weeks.

If you have any questions or experience possible signs of infection or extreme discomfort, please contact:

(804) 484-3739

Text/Email to → FacialPlastics@VirginiaENT.com

